

DBT WISE MIND

Notice emotion and facts, then pause for the deeper, effective response that fits the situation and your values.

EMOTION MIND

Feelings and urges strongly shape attention and action. Emotions contain important information, but intense emotion can narrow choices.

WISE MIND

A mindful inner knowing about what is effective. Wise Mind is more than a simple compromise between emotion and logic.

REASONABLE MIND

Facts, analysis and planning guide attention. Logic can be useful, but facts alone may miss emotional meaning or values.

Wise Mind is accessed through mindfulness and practice - not by forcing emotions away.

Practice with one real situation

1. What happened? Describe only the observable facts you know.

2. What emotions, body sensations and action urges showed up?

3. What does Reasonable Mind notice: facts, options, limits or likely consequences?

PAUSE, LISTEN, CHOOSE

You do not need to eliminate emotion or reach certainty. The aim is to notice clearly and choose the next effective step.

A short Wise Mind pause

1. Ground: feel your feet, seat or breath for a few moments.
2. Name: "Emotion Mind is telling me..." and "Reasonable Mind is telling me..."
3. Listen: ask, "What do I know or sense is the most effective next step?"
4. Choose: take one safe, workable action. Review what happens.

4. What does Emotion Mind want you to do right now?

5. After the pause, what does your Wise Mind suggest is the most effective next step?

6. What value, goal, safety need or relationship priority supports that choice?

After you act, review

How effective was the response?

☐

Not effective

☐

A little

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Mostly

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Very effective

What did you learn, and what would you try next time?

Evidence and safety note

Wise Mind is a core DBT mindfulness concept. Behavioral Tech describes it as an experiential, intuitive knowing about the most effective course of action, rather than simply a mathematical blend of emotion and reason. This original CounselorAid worksheet supports skills practice and has not been independently validated. It is not comprehensive DBT. If a situation involves immediate danger, abuse, self-harm risk, or urgent medical needs, prioritize safety and appropriate professional or emergency support.

Evidence basis: Behavioral Tech Institute Wise Mind resources and DBT Skills Training: Fundamentals; Linehan DBT skills framework.